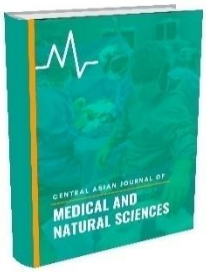
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Physical Assessment of Fundamental Fitness of Handball Athletes

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Abstract: Development and approval of a program of strength training on the basis of a healthy orientation of veterans in handball in the "Health" groups, including the fundamental rules developed for this group of athletes; an experimental examination of the dynamics of not only physical but also technical-tactical training of athletes demonstrates the effectiveness of the proposed program. The effective organization of strength training of veteran athletes in handball in health groups is not only to serve the physical and technical and tactical training of athletes, the formation of a stable conscious interest in physical self-development and self-improvement, integrated development of intellectual and spiritual qualities.

Key words: Handball, athlete, strength, improvement.

Student handball, while maintaining the overall structure and content of competitive activity, is distinguished by a slightly different level of preparedness of student athletes [1]. The main technical and tactical technique in handball, which completes the attack of the team in the attack, is throwing the ball at the goal; the result of the meeting for the team is determined by the number of balls thrown into the goal. Each sport has its own models of competitive exercises. As a rule, these models include indicators that most fully characterize the competitive activity of athletes. Handball is a team sport with a wide variety of activities. Participating in competitions, a handball player performs voluminous and intense motor work - in attack, defense and transitions (2) when the team's attack on the opponent's goal ended with a throw, the attack is considered effective. When, after a throw, the ball is in the goal, the team's attack is considered effective, and if the ball is reflected by the goalkeeper or flew past the goal, it is unsuccessful. The effectiveness of the game is determined by the ratio of delayed and missed balls. This article analyzes the effectiveness of the gaming activity of the GTSOLIFK men's student team with the teams participating in the Games. The main task of this study was to identify the effectiveness of the attack of players of different lines, the organization of defense in the competitive activity of different levels of competition for the result of the competitive activity of the team.

The length of their favorite sport, the usual pace of life, the great attachment to the activities that they have been doing most of their lives, lead most athletes to the habit of leading an active lifestyle, maintaining good physical shape, providing their life with a better quality, ennobling it. But the main motive for going in for sports among veterans continues to be the achievement of a high sports result.

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Therefore, we build the educational and training process of veteran athletes involved in handball with this motivation in mind. The training process of veteran athletes must include not only technical, tactical, but also general physical training, which should correspond to their age, physical fitness and their state of health.

In the modern world, the number of sports veterans is growing. The number and international competitions held for competitions of sports veterans has increased. A sports veteran is an athlete who has reached the age of 40 years and older, who has moved from professional sports to the amateur league of the Health groups. For them, sport is an integral part of life.

The development of special programs for the training process of veteran athletes in handball in the “Health” groups was built on the basis of certain requirements, both for the organization of classes and for their health-improving orientation. Numerous groups of researchers not only but also abroad, especially recently in the United States, are developing health improvement programs using strength exercises, which have a huge impact on the sports activities of sports veterans. We divided the program of strength training of veteran athletes in handball in the Health groups into two sections. The first section of the program allows you to focus on the development of individual muscle groups and helps in the preparation of individual recommendations for correcting body defects that have appeared with age. The second section of the program includes developments that give recommendations for increasing motor activity based on anaerobic exercises, making it possible to outline an optimal rehabilitation plan after injuries and diseases received after professional sports [1; 4; 5].

Publications on the strength training of athletes orient those involved in the implementation of complexes of physical exercises in unfavorable, from the point of view of biomechanics and physiology, positions. We include exercises standing or sitting with a large number of direct forward bends, without taking into account the age of the athlete, his special preliminary preparation, working out the ligaments and muscles of the pelvic floor and foot, without combining with exercises of a cyclic nature and for coordination. Orientation to the age of veterans led to the following conclusion. The use of the recommended method of hemodynamics (hemo - blood, dynamics - strength, graphic - recording) is not effective, since skeletal muscles are not so much consumers of blood delivered by the heart, but organs that are self-supplied with blood. They have an independent suction-injection ability, which manifests itself both with various types of contractions and massage, and with stretching. During work, the skeletal muscle sucks arterial blood to itself, nourishes itself and pumps it to the heart with a force 2-3 times higher than arterial pressure. It is capable of independently, like the heart, to move blood around the circle of blood circulation. We concluded that the methods of pumping up muscles at this age, in isolation from the development of other physical qualities, are ineffective. In the strength training of veteran athletes, it is necessary to use a comprehensive approach that relies on methods based on improving the micropumping function of skeletal muscles, in particular, circuit training methods using local muscle loads, including physical exercises for endurance, flexibility, and the development of coordination abilities. [2; 3; 5].

- The main fundamental provisions of our proposed program of strength training of veteran athletes in handball in the Health groups are:
- creation of a system that increases their physical performance with each lesson;
- integration of a block of physical exercises aimed at influencing the muscular system of those involved in wushu gymnastics, stretching, yoga, breaking, rhythmic athletics, etc .;
- a wide variation in power exercises of various convenient, reducing the gravitational load on the cardiovascular system of the initial, final, intermediate positions (lying, reclining, leaning against an inclined plane at various angles of inclination);

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- variation of starting positions, instead of exercises with I.P. kneeling, use the emphasis, kneeling, on all fours, in the knee-wrist positions (hands resting on the hands), knee-elbow (hands resting on the elbows, knee-foot-wrist (emphasis on one knee, one foot and hands, lying, reclining, sitting in an emphasis on the back of the forearms, on the hands, etc .;
- strengthening the muscular protection of the spinal column and abdominal cavity;
- maximum enhancement of hemodynamics, improvement of the circulatory system as an energy transport function;
- activation of metabolic processes carried out through the blood and, especially, through the lymph, by improving the micro pump function of the skeletal muscles;
- The inclusion of hygienic, primarily water procedures, restorative measures in the form of hardening, as one of the main parts of the training system.

Thus, the developed program provides an opportunity for a scientifically based choice of exercises and starting positions, determined by the need to restore and strengthen the most vulnerable morph functional systems of veteran athletes; feet, spine, its cervico-collar and lumbosacral parts, ligamentous-articular nodes of the lower extremities, neck, abdominals, muscles of the small belt.

To improve the strength training of athletes-veterans of handball players, a variety of, but at the same time, simple means were used. These are: shock absorbers, expanders, kettle bells, weighted with the weight of one's own body, collapsible dumbbells, barbells, various simulators. Volitional gymnastics according to Anokhin, exercises for self-resistance, the use of improvised means of training, such as stones, water, stumps, tree branches, bulk and liquid shells made strength training for handball players more effective [4; 5].

Conclusions. The analysis and generalization of the scientific and methodological literature shows that the strength training of veteran athletes in handball in the "Health" groups is not only an effective means of their physical development, but also a way of versatile impact on the body of those involved, allows you to solve educational and health problems in an integrated way. The approved program, built on the basis of fundamental provisions, contributed to the formation of a sustainable conscious interest in physical self-development and self-improvement, and also contributed to the integral development of the motor, intellectual and spiritual qualities of those involved.

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